

# Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

NOVEMBER 5, 2004



Hanauma Bay is a great place for families to enjoy a nice, relaxing day on the beach, or to enjoy different water activities. For those who don't mind a small workout there is a short walk downhill before stepping on to the beach.



Patrons visiting the Hanauma Bay Nature Preserve have the option of traversing a slight hill or taking one of the shuttle rides up or down the hill for a mere 50 cents down the hill or \$1 to return to the top.

## Hanauma Bay Nature Preserve offers beauty below the surface

Story and Photos by  
**Sgt. Jerome L. Edwards**  
*Press Chief*

One of the greatest natural spectacles on the island of Oahu is located just a short distance from MCB Hawaii, Kaneohe Bay.

Hanauma Bay Nature Preserve offers beautiful vistas overlooking pristine water, and coral reefs full of a myriad of colorful fish and marine life the park is a must-see for service members and their families.

Thousands of nature lovers from all over the state of Hawaii and tourists from around the globe often visit the south shore of Oahu to take in the sights and textures of the reserve each year.

Most visitors to the preserve opt to rent or bring their snorkel gear for a clear view of the underwater habitat for which Hanauma Bay is famous.

By snorkeling, visitors can view hundreds of species of coral



and sea life, including yellow surgeon fish, moray eels, barracuda and even green sea turtles that frequent the bay's gentle waters in vast numbers.

Entrance to the preserve is free to residents of Hawaii, including military members and their families, provided they provide proper identification at the gate. Military must show the military Kamaaina card for free entry. However, the park charges \$1 for parking.

Upon arrival, all guests at the park must review a seven-minute video taking the trail leading to the water below. Once park goers have watched this video they can choose to add their name to a registry and opt to forgo the movie during any of their future visits.

To get to Hanauma Bay from MCB Hawaii, take the Pali Highway to Kalaniana'ole Highway, drive past Waimanalo, and watch for preserve signs on the left.

The preserve is open daily from 6 a.m. until 6 p.m., except Tuesdays when the preserve is closed. For more information, call 396-4229.



Above — One of the nation's most treasured natural reserves located on the south shore of Oahu, Hanauma Bay is known world-wide and a great place to enjoy a beautiful view, and bask in the Hawaiian sunshine.

Right — Hanauma Bay offers a museum that tells the history of the bay, its inhabitants and its evolution from a crater to the nature preserve it is now. The preserve also requires all visitors to watch a brief informational video explaining the importance of adhering to the preserve's rules that are in place to help maintain this treasured site for future generations to enjoy.



Hanauma Bay Nature Preserve offers visitors an educational center, well-kept grounds and a number of living reefs with numerous different marine life for swimmers, snorkelers and divers to explore.

Staff Sgt. Ronna M. Weyland



# Masseuse rocks Semper Fit

New massage style using heated rocks available at Semper Fit Center

**Ed Hanlon V**  
MCCS Marketing

Did you know that you could work on your mind, body, and spirit at the Semper Fit Center? Thanks to Victoria Stonesifer, the most recent addition to the center's massage therapy team, you can heat up all three a little more. Stonesifer has been with the center for more than four years, serving the community as an instructor in cycling and yoga. She helped in the institution of the cycling program, as she studied under Johnny G., the creator of Spinning. Her experience in exercise knowledge spans an impressive 26 years.

So, what makes Stonesifer stand apart from the rest? "A good massage therapist is committed to her or his intentions," she offers. "When I am in a room with a client, I am committed, it is just me and them." Stonesifer's commitment has led her to continue her education — in part, for professional interest — since her graduation at the American Institute of Massage Therapy. "I take as many advanced classes as I can," she stated, "I'm kind of like that." After two years of independent therapy, she brought her healing hands to the base, introducing a totally new style of massage to the center's existing forms. This style is hot rock therapy, originally popularized at spas in and around Arizona. The therapy involves heating different sized black lava rocks in assorted minerals and oils, and then warming her hands with these rocks. She softens the skin with her hands before plac-

ing the rocks on certain positions of the body. The massage progresses to a deep tissue therapy that "softens the belly of the muscle so I can reach the deepest points." In addition to hot rock therapy, she also offers pregnancy, Swedish, shiatsu, sports, deep tissue massages; and even chakra readings. Choosing the style of massage is still up to the client, but Stonesifer likes to merge advice with massage techniques to better the recipient. "When someone walks in, the first thing I look at is their eyes," she said. "Then, I look at their posture; their shoulders, face and the way they're walking, they're all indicators. I read the body first, decide what I'm going to do, and sometimes change it up a little." Choosing the style of massage needed is not an easy question either. "Most people don't know what they want," Stonesifer explained. "They come to me with



Ed Hanlon V

**Victoria Stonesifer, part of Semper Fit's massage team, applies hot rocks to a client — warming the muscle to penetrate the toughest pains.**

See **MASSAGE, B-4**

## MARINE CORPS COMMUNITY SERVICES

WWW.MCCSHAWAII.COM

### Possibilities in Paradise



**Kahuna's Bar & Grill**  
254-7660/7661

**Club NFL** — Your club has the latest in NFL Monday Night Football action. Get the gang together for giveaways and more football fun than you'll get watching somewhere else. On Monday, watch the Minnesota Vikings take on the Indianapolis Colts.

**Bull Riding** — Every Wednesday is Country Night and this Wednesday is no exception! Cowboys and the alike are invited to get in on the Bucking Bull Contest at 8 p.m. Entry is free and riders will be entered to win prizes and qualify for the finals on Dec. 1.

**24 Hour Hoopla** — The National Polytechnic College of Engineering and Oceaneering is hosting an information workshop and demonstration with Kahuna's Recreation Center's 24 Hour Hoopla. The all-nighter on Nov. 13 includes a trip to the base pool for a live diving demonstration at 2 p.m., a free barbecue at 3 p.m., and a special showing of "Men of Honor" at 4 p.m. Poker tournaments, games and

more will keep everyone entertained throughout the evening until breakfast is served Sunday morning at 7 a.m.



**Staff NCO Club**  
254-5481

**Club NFL** — The Rocker Room has the latest in NFL Monday Night Football action. Get the gang together for giveaways and more football fun than you'll get watching somewhere else. On Monday, watch the Minnesota Vikings take on the Indianapolis Colts.



**Officers' Club**  
254-7650/7649

**Parade The Beef** — The Officers' Club is having a special dinner in honor of the 229th Marine Corps Birthday from 6 to 8 p.m. on Friday. A buffet dinner of assorted salads, roast chicken, steamed fish, roast pork loin and carved prime rib will be followed by birthday cake. The cost is \$22.95 for members and \$26.50 for nonmembers.

**Membership Pays** — Come hear DJ Ray spin all of your favorites from yesterday and today, enjoy a complimentary taco bar at the "Social Mixer," Nov. 18 from 6:30 to 8:30 p.m. And if you're not a member, sign up on the spot and receive a complimentary holiday buffet served at the club every Friday and Saturday from Nov. 26 through Dec. 31.

**Army/Navy Game** — Watch the most anticipated game of the season on the plasma at The Officers' Club bar Dec. 4. Doors open at 8:30 a.m. and kick off is at 9:30 a.m. Tickets cost \$12 and include a continental breakfast buffet and halftime lunch. For more information or to purchase tickets, call 254-7650.

**Holiday Dinner Buffet** — Make your holiday shopping and cooking a little easier this year, every Friday and Saturday, from Nov. 26 through Dec. 31, 6 – 8 p.m. Sit back, relax and let the club cook your meals. Enjoy a buffet of an assortment of salads, carved

prime rib, chicken, roast pork, fresh atlantic salmon, snow crab legs, an assortment of desserts and much more. The cost is \$28.75 per person.

### All Hands

**Sunset Lanai Pau Hana** — Start your weekend off right at the Sunset Lanai at Camp Smith. The club is open to all hands for Pau Hana Fridays. Meet up with the shop before heading home for the weekend. Sunset Lanai has a comfortable outside lanai and the island's best panoramic views from Diamond Head to the Leeward Coast. Complimentary pupus are served from 4:30 to 6:30 p.m.

**ASYMCA Holiday Food Drive** — The ASYMCA is gearing up for the holidays by collecting Thanksgiving and Christmas food items. Head to the Commissary on Saturday and Nov. 13 to drop off your donations. For details on food items needed, call, 254-4719.

**Veteran's Day** — Kahuna's Bar & Grill, The Staff NCO Club and The Officers' Club will be closed for lunch on Veteran's Day, Nov. 11. Kahuna's will reopen at 6 p.m. while The Staff NCO Club and The Officers' Club will remain closed.

**Thanksgiving Tales and Treats** — Bring the little ones to the base library for an afternoon of tales and treats, from 1 to 2 p.m. on Nov. 20. All parents and children are invited to enjoy children's short stories and special Thanksgiving treats.

**KOSC Tour of Homes** — Tour MCB Hawaii homes that are decorated for the holidays on Dec. 3. The Tour of Homes is open to all hands and those interested in touring will meet at The Officers' Club at 6:30 p.m. Tickets are \$7 in advance and \$10 at the door. KOSC is still looking for individuals who are interested in showcasing their homes. Any house aboard Marine Corps Base Hawaii is invited to participate so open your doors to the community and show off your creative flare, holiday spirit. To register, purchase tickets, or for more information, call 254-2491.

### Ongoing

**Turkey-To-Go** — Don't get stuck in the kitchen this Thanksgiving. Order your Turkey-To-Go dinner now! Order a complete turkey dinner and pick it up on Thanksgiving Day at Fairways from 9 a.m. – 12 p.m. Dinner includes 10 – 12 lb. herb and garlic roasted turkey; cornbread, Portuguese sausage & chestnut stuffing; roasted garlic mashed potatoes; giblet gravy; corn O'Brien, cranberry relish, dinner rolls and butter and

pumpkin pie. The price starts at \$59.95. Add an 8 lb. Prime Rib for an additional \$85 for members or \$89 for nonmembers. **Entertainment Books** — The 2005 Entertainment Books with great discounts on all of your favorite activities and restaurants in Hawaii are on sale now. The books cost \$30 and are great as holiday gifts. To buy, call Information, Tickets and Tours at 254-7563. **Cash Office** — Check cashing hours have changed. The new hours for check cashing are Monday – Saturday, 11 a.m. – 7 p.m.; Sundays and holidays, 11 a.m. – 6 p.m.

**Pro Bowl Package** — Invite family and friends out to the Hawaiian Pro Bowl weekend, Feb. 10 – 14. Leisure Travel is selling a package deal from the West Coast at \$1,099 per person. The package includes round-trip air transportation from Los Angeles to Honolulu, four-night hotel accommodations, tailgate party on the shores of Pearl Harbor and NFL Pro Bowl game tickets. To purchase tickets or for more information, call Leisure Travel at 254-7413.

**Live NFL Games** — Check out all the Sunday NFL games live on DIRECTV at Kahuna's Sports Bar & Grill and The Staff NCO Rocker Room. The clubs opens at 7 a.m. and breakfast will be available for purchase. **NASCAR Sundays** — Head to the club to catch NASCAR. The club opens with breakfast at 7 a.m. and serves selections from the grill menu until closing time at 8 p.m. Wear your favorite race driver's gear and receive \$1 off chicken wings. **Fix it Yourself** — Want to do a little work on your prized vehicle, but don't have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at building 3097, next to the 24-hour car wash, and utilize their tools to get your baby back in top form. Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m. Keep an eye on the *Hawaii Marine* for a deal at the next sealed bid auto auction the Auto Skills Center hosts. Call 254-7674 for more info.

**ASYMCA Playmornings** — Kids and parents are all invited to come have fun at the Armed Services YMCA "Playmornings." Spend quality time with your children and get to know other families aboard the base. Playmornings is a facilitated parent-child program to encourage bonding within and amongst families. Enjoy crafts, games, songs and fun at various locations across the base. The program runs Mondays through Fridays, from 9:30 to 11 a.m. at the following locations: Mondays at Hale Koa Beach, Tuesdays at the Youth Activities building 5082, Wednesdays

and Fridays at the Super Playground and Thursdays at Connor Loop Playground. In case of inclement weather, head to the Armed Services YMCA at building 1638. For more details, call 254-4719.

**Swing Lessons** — Kahuna's Ballroom is teaching you how to dance. Every Monday, swing dance lessons will be taught from 7 to 9 p.m. The cost is only \$2 so grab a partner and get ready to twist, twirl, and spin the night away. For more information, call 254-7660.

**Salsa Lessons** — Impress her with your fancy foot and hip action. Take a few salsa lessons at Kahuna's Ballroom every Tuesday from 7 to 9 p.m. and you will be set to hit the town. Lessons are \$2. For more details, call 254-7660.


**Friday Night Barbecue** — Every Friday, let someone else do the grilling. Head to The Staff NCO Club for your favorite grilled New York strip, pork chops, chicken or fish and a full buffet of all the fixings including grilled corn, assorted grilled vegetables, mixed green salad and watermelon. Served from 5 to 9 p.m. To make reservations or more information, call 254-5481.

**Mongolian Barbecue** — Don't feel like cooking dinner? Every Wednesday and Friday night, head out to The Officers' Club for Mongolian Barbecue and leave the work to the professionals. Buffet style, select your favorite veggies and meat including chicken, shrimp, pork and beef; pile your bowl high, and kick it up a notch with a sauce of your choice. Then watch the grill masters flip, sauté and grill your dinner to perfection. Mongolian Barbecue is served every Wednesday and Friday at 5:30 p.m. Call 254-7649.

**Mega Video** — Check out these weekly rental specials. Monday — Rent one new release, get one category movie free. Tuesday — Rent a video game at regular price and rent a second one for \$2.50. Wednesday — Rent three new releases (VHS or DVD), receive an extra day rental. Thursday — Rent one DVD at the regular price, rent the second one for \$1.75 (includes new releases). Friday — Rent family and children's movies for 75-cents (no new releases). Saturday — Rent any basic stock movie (no new releases) for regular price and rent the second stock movie for \$1.25. Sunday — Rent any Sunday Special movie for \$1. (Each week is a different section. See store calendar for selected section.)

**Lava Java** — Located next to the Base Theater, Lava Java is proudly brewing Starbucks. A variety of your favorite espresso drinks, coffee and pastries are served Monday through Friday, 6 a.m. to 2 p.m.

## SM&SP



### SINGLE MARINE & SAILOR PROGRAM

All events are open to unaccompanied E-5 and below who are active duty Marines or Sailors. The SM&SP office is located in building 1629, inside the Kahuna's Recreation Center. Get more details on activities at [www.MCCS.Hawaii.com](http://www.MCCS.Hawaii.com) under the "Semper Fitness" icon, or call 254-7593.

**Upcoming Events**

The Single Marine & Sailor Program will host a Sunset Cruise on Nov. 20. Call the SM&SP office for more information.

**Volunteer Opportunities**

SM&SP is looking for interested families to Adopt-a-Marine this Thanksgiving. Any interested persons are please asked to call the SM&SP Coordinator, Christianna Haberman at 254-7593.

## MOVIE TIME

***Prices:** Adults (12 and older) are \$3, children 6 to 11, \$1.50 and children 5 and younger, free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for R-rated movies in person at the box office for children 16-years-old and younger. For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons. Show your ID card at the box office. Call 254-7642 for recorded information.*

***Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.*

Mr. 3000 (PG-13)	Today at 7:15 p.m.
Resident Evil: Apocalypse (R)	Today at 9:45 p.m.
Wimbledon (PG-13)	Saturday at 7:15 p.m.
Wicker Park (PG-13)	Saturday at 9:45 p.m.
Sky Captain and the World of Tomorrow (PG)	Sunday at 2:00 p.m.
Mr. 3000 (PG-13)	Sunday at 6:30 p.m.
Wimbledon (PG-13)	Wednesday at 6:30 p.m.
Ladder 49 (PG-13)	Friday at 7:15 p.m.
Wimbledon (PG-13)	Friday at 9:45 p.m.



# Success in college requires planning

Moms can look to military for support in college plans

**Pamela L. Wilkins**  
*LIFELines Services Network*

You sit in class and try to concentrate on your professor's lecture, but your mind wanders to your toddler, who kept you awake all night, and your son, who is being bullied at school. And what about dinner? If you leave class early, you might make it to the grocer's to pick up dinner before you are due at the sitter's. Then, before you can do your homework, your oldest child needs help with her science project, and someone has to do the laundry and bathe the baby.

Dirty diapers, final exams, quizzes,

pacifiers, preschools, spit-up, cramming, professors, bottles, term papers, teething, parent-teacher conferences, notes, professors — your mind is spinning, your heart is racing, and this is just your first day of college. Combining the roles of motherhood and college student is quite a juggling act, but with prioritizing, planning, and determination, you can do it. The key to being a successful college mom is to effectively manage child care, financial aid, study skills and time management.

**Who has the kids?**

Start your child care search early. Navy Child Development Centers, Navy Child Development Homes, and School-Aged Care centers are available on most bases. Marine Corps Community Services can assist you with child care resource and referral. Additionally, contact your state child care resource hotline, check

**For information about scholarships and financial assistance for military family members, see B-5.**

with your university campus preschool, form a baby-sitting co-op, or take classes online.

**How can you pay for this?**

As a military dependent, you have many options. According to the National Defense Authorization Act FY 2002, your spouse may be able to transfer GI Bill entitlements to you. The Navy-Marine Corps Relief Society offers the Spouse Tuition Assistance Program (for overseas service families), as well as the Vice Admiral E.P. Travers Scholarship and Loan Program. For more on these programs, contact Navy Fleet and Family Support Center and Marine Corps Community Services.

Your college financial aid office may have information on grants, work-study, loans, and scholarships. Fin Aid, Federal Student Aid, and The Student Guide are great Web sites for information concerning federal financial aid.

**Do you know how to study?**

Next, sharpen your study skills. There are a variety of resources available to help. Your college probably has an office dedicated to this issue. Some good study guides include Adults in College: A Survival Guide for Nontraditional Students, by Wanda Schindley (Dallas Publishing, 2002), and New Beginnings: A Guide for Adult Learners (2nd Edition), by Linda Simon (Prentice Hall, 2001).

Once enrolled, try The Eisenhower National Clearinghouse and Federal Resources for Educational Excellence for assistance with study and

*See COLLEGE, B-7*



Above — Petty Officer 3rd Class Joshua Kimble, Religious Program Specialist and volunteer coordinator, scoops mashed potatoes into a pan to take to the women's homeless shelter in Honolulu.



Right — Volunteers spent three hours setting up and feeding people at both the men's and women's shelters during the year's last trip to the shelters.



## Serving the masses

Left — Volunteers handed out more than 200 trays of food during Friday's "feeding the homeless" trip set up by the base chapel. Below — Navy Chaplains (Lt. Cmdr.) Nestor Nazario and (Lt.) Winnie Walmsley help to wash the pans used by volunteers to carry food into the men's homeless shelter.

Photos by Cpl. Megan L. Stiner





# Pint-sized parade

Students from the Child Development Center here, celebrate Halloween Friday with a parade around the block surrounding the CDC. Children of all ages participated and wore creative homemade costumes. Following the parade, the students walked around the perimeter of the inner courtyard to do some trick-or-treating.

Photos by Cpl. Jessica M. Mills



# Sterilize pets early to reduce strays

**Army Capt. Rachel Moulton**  
*U.S. Army Veterinary Services*

Did you know that female kittens can reach sexual maturity as young as four months of age? Pretty amazing, isn't it?

What's also pretty amazing is the number of unwanted dogs and cats wandering around our towns and in our animal shelters.

What can we do about this huge, national problem?

Early spaying and neutering of beloved pets is a tried, tested, and true way pet owners can help to reduce the large numbers of stray ani-

mals.

Puppies and kittens as young as 6 weeks and weighing at least 2 pounds can be altered by a veterinarian. Even an observant owner can miss the signs of a first heat in their animal and it only takes once for Muffin to get out and become pregnant to perpetuate the stray problem.

There is no certain way to tell when a male is sexually mature, and a single un-neutered male can impregnate multiple females in a very short period of time. The key to early spaying/neutering is to sterilize pets before they are capable of reproduction.

Besides reducing the number of unwanted dogs and cats, early sterilization has other benefits. They include a significant decrease in the incidents of many diseases, such as mammary cancer and painful inflammation of the prostate gland. It can reduce unwanted behaviors such as inter-dog aggression, mounting, scent marking, and roaming.

It has also been shown that spaying and neutering at a young age produces calmer, gentler pets than those sterilized at an older, more traditional age, resulting in a stronger human/animal bond.

Finally, the procedure is simpler to perform in younger animals than in older ones, resulting in less time under anesthesia and faster recovery times.

The advantages of neutering animals at an early age are numerous and far reaching, and should be a part of the basic health care regimen for pets. It is a simple solution to the difficult and challenging problem of strays.

Speak to your veterinarian about early spaying and neutering for your pet today.

## MASSAGE, From B-2

symptoms, unaware of the actual cause. It is my job to educate them."

She understands the need for massage therapy, its importance to the client, and then incorporates that into her work.

"When I get a massage, I want to be loved on; I want hot rocks and love," she laughed.

"I do massage because it works the mind, body and spirit," said Stonesifer.

For more information, contact the Semper Fit Center at 254-7597.



# Military families privy to special aid

**Ann Wells**

*LIFELines Services Network*

Financing a college education can be an intimidating task. Fortunately, many scholarship opportunities are available to military families that can help ease the burden.

The Navy-Marine Corps Relief Society (NMCRS) offers scholarships, grants and interest-free loans to dependent children and spouses of active duty or retired service members. Children of members who died while on active duty or retired are also eligible. Each NMCRS scholarship or grant has different requirements. Check out the NMCRS Web site at [www.nmcrs.org/education.html](http://www.nmcrs.org/education.html) for application

deadlines and requirements.

The Navy League of the United States (NLUS) offers educational assistance to children of sea going services. The scholarships vary in number and size. The NLUS also sponsors an essay contest with a cash prize. Details and a downloadable application are available at [www.navy-league.org/scholarship/](http://www.navy-league.org/scholarship/).

The Navy Wives Club of America (NWCA) Scholarship Foundation awards 40 scholarships annually to children of enlisted personnel of the Navy, Marine Corps, and Coast Guard. For an application or scholarship information,



send a self-addressed, stamped envelope to NWCA Scholarship Foundation, 3848 Old Colony Circle, Virginia Beach, VA 23452 or logon to [navywivesclubsofamerica.org/nwc/](http://navywivesclubsofamerica.org/nwc/).

The Fleet Reserve Association (FRA), a non-profit organization of Navy, Marine Corps, and Coast Guard personnel, awards more than \$25,000 in scholarships annually to FRA family members. Visit the FRA Web site at [www.fra.org/](http://www.fra.org/) to find membership information and scholarship applications.

The American Legion (AL) offers a variety of scholarships, including nursing and Eagle

Scout scholarships. For rules and deadlines, look under the “community” link at the AL Web site at [www.legion.org/](http://www.legion.org/). The AL also publishes a comprehensive scholarship and financial aid guide entitled “Need a Lift.” To order this guide send \$3.95 to American Legion, National Emblem Sales, P.O. Box 1050, Indianapolis, IN 46206.

These are just a few of the scholarships open to military family members. There are many more: several Marine Divisions sponsor scholarships, as does the submarine community and numerous other service-related organizations.

Some of these awards are open to a relative-

*See SCHOLARSHIP, B-7*

## ON THE MENU AT ANDERSON HALL

### Friday

#### Lunch

Seafood Platter  
— Fried Fish Nuggets  
— Fried Shrimp  
— Fried Scallops  
— Breaded Oysters  
Lasagna  
Baked Ravioli  
Macaroni and Cheese  
Chewy Nut Bar  
Yellow Layered Cake w/Cream Frosting  
Asst. Fruit Pies

#### Dinner

Roast Pork Loin  
Barbecued Chicken  
Mashed Potatoes  
Wild Rice  
Corn on the Cob  
Chewy Nut Bar

Yellow Layered Cake w/Cream Frosting  
Asst. Fruit Pies

*Specialty Bar*  
Pasta Bar

### Saturday

#### Brunch/Dinner

Rock Cornish Hens  
Grilled Strip Loin Steak  
Rice Pilaf  
Mashed Potatoes  
Herbed Green Beans  
Chocolate Chip Cookies  
Asst. Fruit Pies

### Sunday

#### Brunch/Dinner

Yankee Pot Roast

### Baked Ham

Mashed Potatoes  
Candied Sweet Potatoes  
Simmered Mixed Vegetables  
Simmered Pinto Beans  
Chocolate Layered Cake w/Chocolate Frosting  
Asst. Fruit Pies

### Monday

#### Lunch

Baked Meat Loaf  
Creole Pork Chops  
Creole Pork Chops  
Mashed Potatoes  
Noodles Jefferson  
Boston Baked Beans  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

### Dinner

Baked Turkey and Noodles  
Baked Fresh Fish  
Steamed Rice  
Simmered Corn  
Apple Crisp  
Chocolate Chip Cookies  
Asst. Fruit Pies

### Specialty Bar

Pasta Bar

### Tuesday

#### \*Marine Corps Birthday Lunch

Grilled Steak  
Lobster Tails  
Southern Fried Chicken  
Rice Pilaf

Mashed Potatoes  
Steak-Cut Fries  
Asparagus  
Whole Kernel Corn  
Sautéed Mushrooms and Onions  
Brown Gravy  
Manhattan Clam Chowder  
French Onion Soup

### Dinner

Creole Macaroni  
Honey Ginger Chicken  
Breasts

### Mashed Potatoes

Noodles  
Jefferson Cauliflower  
Au Gratin  
Chocolate Pudding

Asst. Fruit Pies

### Specialty Bar

Taco Bar

### Wednesday

#### Lunch

Barbecue Spareribs  
Country Style Steak  
Red Beans and Rice  
Mashed Potatoes  
Southern Style Collard Greens  
Oatmeal Cookies  
Asst. Fruit Pies

### Dinner

Baked Chicken  
Beef Pot Pie  
Boiled Egg Noodles  
Mashed Potatoes

### Southern Style Squash

Brownies  
Asst. Fruit Pies

*Specialty Bar*  
Hot Dog Bar

### Thursday

#### Brunch/Dinner

Chicken Vega  
Simmered Corned Beef  
Parsley Buttered Potatoes  
Buttered Egg Noodles  
Simmered Carrots  
Apple Pie  
Oatmeal Cookies  
Asst. Fruit Pies

### Specialty Bar

Taco Bar



*\*The MCB Hawaii community is invited to enjoy the 229th U.S. Marine Corps Birthday Luncheon, Tuesday from 11 a.m. until*

*1:30 p.m. at the Anderson Hall dining facility, building 1089. The meal prices are as follows: \$4.60 (discount meal) for families*

*of authorized E-4s and below, children and seniors; and \$5.40 for all others.*

### Park it if you pour.

Even a little alcohol can affect your judgment, balance and coordination. Play it safe. Don't start drinking until you've finished riding.



# Word To Pass

## Mokapu Elementary School Fall Book Fair

Mokapu Elementary School will be holding a Fall Scholastic Book Fair through Wednesday, in the school cafeteria.

The Book Fair is open to the public with a nice selection of books for all ages. It is a great time to get some great books for holiday gift giving.

Hours are 8 a.m. to 6 p.m. every school day, with special Saturday hours of 10 a.m. to 2 p.m. Volunteers will be on hand Saturday with hot dogs and cold beverages for a nominal donation.

## Holiday Yoga Special

In the spirit of the holidays, all active duty military personnel and their families are invited to join any yoga class in the month of November for a special rate of \$5. Classes are offered in partnership with Kailua Shambhala Center, 2nd floor, Aikahi.

To register, call Charlotte at 232-8327 or logon to [www.hawaiiyogaandwellness.com](http://www.hawaiiyogaandwellness.com)

## Mighty Mo Offers Marines Discount in November

In honor of the Marine Corps' 229th birthday, all active-duty, reserve and retired Marine Corps personnel will be offered free admission and 10-percent off retail purchases at the Battleship Missouri Memorial throughout November. In addition, their immediate family members will receive a 50 percent discount on admission and 10 percent off retail purchases.

Qualified visitors must present their military ID at the Battleship Missouri Memorial ticket window.

## Dessert Fantasy to Showcase Sweets

More than 50 of Hawaii's favorite desserts and sweets will be showcased at United Cerebral Palsy Association's Dessert Fantasy fund-raiser, Sunday.

Tickets are \$20 per person — \$15 of which is tax deductible — and children 5 and under are free. Event

goers can enjoy two hours of unlimited dessert sampling, entertainment and a raffle.

For details or tickets call 532-6744 or visit [www.ucpahi.org/dessert\\_fantasy.htm](http://www.ucpahi.org/dessert_fantasy.htm).

## Hero in Uniform Contest

As a salute to the American military, Daniel's Jewelers will sponsor a national contest highlighting the courage of today's service members. Contestants will be asked to submit a 250 – 300 word essay nominating a U.S. service member for the "Hero in Uniform" contest.

Submissions can be made online at [www.danielsjewelers.com/hero/](http://www.danielsjewelers.com/hero/). The top six essays will be chosen. The contest ends Nov. 22. Winners will be announced Nov. 30 on [www.danielsjewelers.com](http://www.danielsjewelers.com).

For more info, call (512) 797-6602.

## Water Park Honors Military

Hawaiian Waters Adventure Park is offering free admission to active duty military members on Veteran's Day, Thursday and \$9.39 admission on Friday. On both days, up to four family members can receive 50 percent off the general admission rate.

For more details, call 674-9283.

## Range Facility Promotes Marksmanship Proficiency

Kaneohe Bay Range Training Facility is hosting a recreational firing program to promote marksmanship proficiency and firearm safety Friday afternoons when not in conflict with unit training.

This program is open to all active, reserve and retired military personnel and their guests aboard MCB Hawaii,

as well as local, state and federal law enforcement personnel.

The range will open for authorized personnel and their guests from noon to 3 p.m. on Fridays of scheduled marksmanship training weeks. The type of firing will rotate weekly among rifle, pistol and shotgun firing.

Active duty Marines and Sailors stationed aboard MCB Hawaii are authorized to fire their Theater of Operations weapons for practice during recreational fire.

Individuals wanting to fire their T/O weapon during recreational fire must get a signed letter from their commanding officer authorizing the utilization of the weapon during a specific rec-fire event, and a limited technical inspection form — current within 30 days — completed by the individual's armorer.

Only two firing guests, aged 14 and older, per military member will be allowed.

Those interested in participating should call the range control office no later than the close of business the Wednesday prior to the rec-fire they plan to attend.

For requirements and other details about the program, call the Range Control Office at 257-3180.

## MCX Offers Prizes for Super Star Students

The Marine Corps Exchange is kicking off the fourth year of its Super Star Student program, which rewards students with good grades by giving them opportunities to win great prizes.

Each of the 16 Marine Corps Exchanges are reward-

ing patrons in grades 6 through 12, who maintain a B average or better for the grading period. Each Super Star Student will receive one scratch-off card per grading period with the chance to win prizes such as MCX gift certificates, Nike watches, CDs, Jelly Belly gumball machines, phone cards, and clocks. There are three grand prizes per Main Exchange to include a \$1,000 U.S. Savings Bond and two \$500 Savings bonds. As a bonus, students will also receive a Super Star Student logo pen.

To be eligible, students must be authorized MCX patrons and visit their local MCX store manager within 30 days of receiving their report card.

Prizes must be claimed within 30 days.

For more information, students should contact their local Marine Corps Exchange.

## Registration Deadline Looms for ACT Test

College-bound high school students can take the ACT Assessment on Dec. 11.

The deadline for postmark registration is Nov. 5. Students can get registration materials from their guidance counselor or register online at [www.actstudent.org](http://www.actstudent.org).

## Thrift Shop Offers Holiday Discounts

The Thrift Shop has a number of sales planned as the holiday season approaches:

- Nov. 1 – 8: 50 percent off all men's clothing
- Nov. 8 – 15: 50 percent off all women's clothing
- Nov. 1 – 15: USMC birthday sale, 50 percent off all uniforms
- Nov. 15 – 22: 50 percent off all

Dishes

•Nov. 22 – 30: 50 percent off all Toys

The Thrift Shop will be closed on Nov. 11 for Veteran's Day and again on the 25th for Thanksgiving. Dec. 26 is the After Christmas sale when all Christmas items will be discounted 50 percent. Please note that all no consignment items will be discounted during the sale dates.

In celebration of Thanksgiving, the All Enlisted Spouses Club will be sponsoring a Kid's Thanksgiving Coloring Contest. Pictures can be picked up at the Thrift Shop and the deadline for submissions is Nov. 22. Awards will be given out on Nov. 23. There are three categories; ages 4 and under, ages 5 – 7 and ages 8 – 10. Winners from each category will receive a \$5 gift certificate for the Thrift Shop.

For more details, visit the Thrift Shop or call 254-0841.

## Adults Sought to Change a Pregnant Teen's Life

The Mary Jane Program of Catholic Charities Hawaii is seeking safe and caring foster homes to place teenage girls who are unable to stay with their own families during their pregnancy. Currently, there's demand for licensed "host homes" throughout Oahu.

Each teen is carefully screened to ensure that she can commit to following the host home family's house rules and expectations. Also, the teen is placed under the family's care at any point of her pregnancy, for up to four months after giving birth.

This Mary Jane Program provides continued support for the host family and teenager, in addition to a monthly stipend to the host family. To help, call Pam at 263-2958.



# MARINE MAKEPONO

## HAWAIIAN FOR “MARINE BARGAINS”

**Automobiles**  
**’71 MG BGT**, restored limited edition, hard top, tan interior and exterior, two-seater. Asking \$6,000. Call 262-8789.  
**’91 GMC S15 Jimmy**, 4-door, 4WD, V6, 3-inch lift, roof rack, AM/FM CD player, rebuilt 1993 Vortex engine. Asking \$4,650. Call 254-4117.  
**’96 Chrysler Sebring**, 56,000 miles, fully loaded, leather interior, excellent condition. Asking \$6,500 OBO. Call (831) 277-5155.  
**’96 Nissan 200SX**, automatic, sun roof, cold A/C, runs and looks great, clean and well-maintained, original owner, 140K miles. Asking \$4,500 OBO. Call 772-1028.

**Pets**  
**Two Guinea pigs**, with cages and accessories, \$50 each OBO. Call 254-4117.

**Miscellaneous**  
**China cabinet**, lighted hutch with etched glass, dark wood, lower storage. Asking \$700 OBO. Call evenings at 254-4915.  
**Competitor 420 weight bench**, 180 pounds of weight with barbell and two dumbbells, lateral pulldown and leg extension attachments.  
**Epson Stylus color printer 640**, 1440x720 dpi, with all software, extra color ink cartridge (\$40), manuals, original box, selling because a new computer purchased came with new printer. Asking \$80 OBO. For information, call Eddie Myers at 216-6628.  
**Garmin Etrex Venture**, GPX/computer link cable

included, used in Iraq only, 1MB internal memory, 500 waypts., 20 RTES, \$125; child’s Hot Wheels computer with programs, steering wheel, pedals, \$150; comp. car cover, \$10; Wilson Firestick irons, 3-PW, \$200; Philips/Magnavox 13-inch TV/VCR combo, \$50. All OBO. Call 254-4117.  
**Hewlett Packard Scanjet 4200**, 600x1200 dpi color scanner, software included, USB connection, like new, selling because a new computer purchased came with multifunction scanner/printer. Asking \$50 OBO. For information, call Eddie Myers at 216-6628.  
**Micro-rave split keyboard**, like new, used for only two months, with original packaging, with natural wrist rest, two Windows hot keys provide access to frequent programs. Asking \$10. For information, call Eddie Myers at 216-6628.  
**Ocean Kayak**, one-seater, in excellent condition. Asking \$400. For details, call 262-8789.

*Ads are free, consist of no more than 20 words and will appear in two issues of the Hawaii Marine, on a space available basis. Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine office.*  
*For more information, call the Hawaii Marine at 257-8836 or 257-8837.*

### COLLEGE, From B-3

research.  
When classes begin, form study groups with classmates. Honing your study skills will save time and pay off big later.


### How do you find time?

You can’t do everything, so forget about being a “Super Mom.” However, if you use time savers, do some household planning, and delegate tasks, you will accomplish more. Check out The Frugal Homemaker, the Reynold’s Kitchen Connection, and Allrecipe for timesaving household shortcuts and culinary tips. Freeze soups and casseroles ahead of time,

and invest in a Crock-Pot.  
Remember to delegate chores — those same little hands you help care for can also help take care of the family. Little kids can help fold laundry and sweep. Older kids can wash dishes, vacuum, and straighten beds. It doesn’t have to be perfect.

### Can you see your future success?

Some days will be long and hard but, if you persevere, success will be yours. Look to your children for motivation and inspiration, and remember the life lesson that you are impressing upon them through your struggle: Determination and dedication results in achievement of success.



# Sempertoons

By Staff Sgt. Charles Wolf

